



Crunchy and Delicious Granola

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup cherries dried chopped
- 2 tablespoons flax seeds
- 2 teaspoons ground cinnamon
- 0.3 cup maple syrup pure
- 3 cups oatmeal thick-cut
- 0.3 cup pumpkin seeds hulled
- 0.5 teaspoon salt
- 2 tablespoons sesame seed

- 0.5 cup sunflower seeds hulled
- 0.7 cup apple sauce unsweetened
- 1 tablespoon vanilla extract
- 1 tablespoon wheat germ

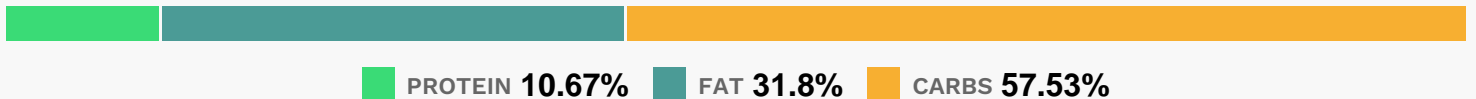
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Line 2 baking sheets with parchment paper.
- Combine oatmeal, sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, wheat germ, chopped dried cherries, salt, and cinnamon in a large bowl.
- Mix applesauce, maple syrup, and vanilla in a separate bowl.
- Pour applesauce mixture over the oatmeal mixture; mix until evenly coated.
- Spread the mixture onto the prepared baking sheets; smooth into a single thin layer.
- Bake in preheated oven 20 minutes, stir gently to turn, and continue cooking until crisp and golden brown, another 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:3.62, Inflammation Score:-3, Nutrition Score:5.226956533997%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg,

Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 100.84kcal (5.04%), Fat: 3.64g (5.59%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 12.69g (4.61%), Sugar: 7.42g (8.24%), Cholesterol: 0mg (0%), Sodium: 62.03mg (2.7%), Alcohol: 0.22g (100%), Alcohol %: 0.46% (100%), Protein: 2.75g (5.49%), Manganese: 0.56mg (28%), Magnesium: 35.61mg (8.9%), Fiber: 2.12g (8.47%), Vitamin E: 1.25mg (8.35%), Phosphorus: 76.55mg (7.66%), Copper: 0.15mg (7.55%), Vitamin B1: 0.11mg (7.52%), Selenium: 4.54µg (6.49%), Vitamin B2: 0.1mg (5.61%), Zinc: 0.78mg (5.23%), Iron: 0.92mg (5.09%), Vitamin A: 220.02IU (4.4%), Vitamin B6: 0.07mg (3.28%), Folate: 13µg (3.25%), Calcium: 30.45mg (3.05%), Vitamin B3: 0.51mg (2.57%), Potassium: 88.99mg (2.54%), Vitamin B5: 0.18mg (1.75%)